



OCTOBER NEWSLETTER



**Engaging Businesses towards
Poshan 2.0**

IMPAct4Nutrition (14N) in collaboration with its partner Indian Institute of Corporate Affairs (IICA) hosted a pledge on "Adoption of good nutrition practices" on MyGov platform.

Click here to Pledge: <https://pledge.mygov.in/nutrition/>

MyGov is established as Government of India Platform for Citizen Engagement towards policy formulation and seeks the opinion of people on issues / topics of public interest and welfare.



**Indian Institute of
Corporate Affairs**
Partners in Knowledge, Governance, Transformation.



**Citizen's pledge for
"Adoption of Good
Nutrition Practices"
is available on MyGov
Platform**

**Let's pledge now for a
Nutrition-rich India,
Educated India &
Empowered India!**



**Don't forget to tag IMPAct4Nutrition when you
post the certificate on social media**

USING TASTE AS A TOOL FOR BETTER NUTRITION

Robert Redford was not wrong when he said, “Health food may be good for the conscience, but Oreos taste a hell of a lot better.” Taste is often seen as a mere pleasure, a fleeting sensation that makes eating enjoyable. However, taste plays a much deeper and more crucial role in our nutrition and overall health. While the focus on nutritional metrics like calories, vitamins, and minerals is essential, the significance of taste should not be underestimated. Valuing taste can lead to better health outcomes and a more enjoyable eating experience. Taste influences our food choices, affects our health, and enhances our relationship with food.

Traditionally we have known five primary tastes: sweet, salty, sour, bitter, and umami. And looking further back, there are six primary tastes identified by Ayurveda, which includes “astringent” and “pungent” but not umami. There are not too many differences in the taste categories we are familiar with now as opposed to the ones identified under Ayurveda. In fact, the definitions of these tastes show overlaps when matched to the food groups that come under taste category. Each of these tastes has a nutritional significance and plays a role in our dietary choices and health. Sweet often signals the presence of energy-dense carbohydrates. Historically, our preference for the sweet flavour helped us seek out ripe fruits and other high-energy foods necessary for survival. Saltiness helps maintain our body's electrolyte balance. It also enhances flavour, making foods are crucial for immune function and skin health. Many bitter foods, such as leafy greens, are rich in beneficial phytochemicals and antioxidants. And then there's umami: this fifth flavour is a savory one linked to the presence of amino acids, particularly glutamate, important for protein synthesis and overall metabolic health.

Taste preferences play a significant role in our diet, and enjoying our meals can contribute to better health outcomes. Most healthy foods often lack the intense flavours and appeal that come with high-fat, high-sugar, and high-salt options. Vegetables, lean proteins, and whole grains are staples of a nutritious diet but can be bland when not prepared with sufficient seasoning or culinary creativity. This lack of immediate taste gratification can make it challenging for individuals to choose healthier options over more palatable processed foods, which are engineered to satisfy our cravings for saltiness, sweetness, and richness.

Healthy foods that taste good can become permanent fixtures in our diets unlike bland healthy options that can push us to opt for taste, sacrificing nutrition in the bargain. If plain roasted chana tasted like potato chips or buttered popcorn, wouldn't you happily lap it up without a care in the world? When we enjoy what we eat, we are more likely to make healthier choices consistently, fostering a positive relationship with food. When nutritious foods is tasty, it positively influences how we consume; this behavioural compliance can help nutritious foods become staples in our diets, building consistent, healthy eating habits. In turn, this gratification leads to psychological satisfaction - because tasty meals provide emotional fulfilment. Feeling content after a nutritious meal reduces cravings for unhealthy options.

Culinary traditions show how taste and nutrition can go hand in hand, enhancing the eating experience while promoting health. In India, for example is spice central. Apart from creating flavour bombs, our herbs and spices provide immense health benefits – there is no dearth of evidence there.

Turmeric, ginger, garlic, and cumin are just a few examples of daily use ingredients that offer antiinflammatory, antioxidant, and digestive benefits; and these very ingredients help create magical meals. In Mediterranean cuisine, generous use of olive oil and fresh herbs make dishes both tasty and healthy. With healthy monounsaturated fats, antioxidants, and anti-inflammatory properties, olive oil is considered an elixir of life. The Japanese incorporate umami-rich ingredients like miso and seaweed into their cuisine, which dovetail taste with nutrition.

Taste of food can be effectively enhanced while maintaining nutritional value. Experimenting with fresh and dried herbs, and spices enhance the flavour without extra calories or sodium. Employing healthy cooking techniques such as roasting, grilling, steaming, and sautéing can boost the natural flavours of food. Mushrooms and tomatoes, when added to dishes, enrich the umami taste. Taste enhancers like MSG not only elevate the umami factor in foods but also help keep sodium levels at bay, given that it has only a third of the sodium than common table salt. That indeed is pretty good news for those battling hypertension and cardiovascular diseases. Another good flavour pairing is combining tangy, citrus fruits with nuts or cheese.

Innovations in food science are creating healthier versions of indulgent foods without sacrificing taste. For instance, reduced-sugar desserts and snacks made with natural sweeteners or plant-based ingredients are becoming more popular. Public health initiatives are also recognising the importance of enjoyable, nutritious eating. Programs that teach cooking skills and provide access to fresh, flavorful ingredients can help people make healthier choices. Valuing taste is not just about pleasure; it is a powerful tool for better health outcomes and a more enjoyable eating experience. By embracing the role of taste in nutrition, we can foster a healthier relationship with food, making nutritious eating a delightful and sustainable part of our lives.

Source: <https://timesofindia.indiatimes.com/life-style/food-news/using-taste-as-a-tool-for-better-nutrition/>

I4N SESSION DURING INDIA CSR SUMMIT 2024

A high level Panel Discussion was organised during India CSR Summit 2024 on the topic of **Foundation of Well being: The Critical Role of Nutrition in Community Health**. I4N was the session partner and Ms Neha Bainsla from Sight and Life anchored the session. Sight and Life is one of the initiative partner of I4N and has been providing strategic directions for the growth of I4N platform

Panellists included:

- Ms. Usha Rani, Director – Programmes, Cognizant Foundation,
- Ms. Dhanalakshmi R, CSR BP-Strategic Projects & Stakeholder Engagement, Bayer
- Ms. Sanjeeta Agnihotri, Director, Center for Communication and Change
- Ms. Archana Suresh, Director, Telangana Social Impact Group, Department of Industries, Government of Telangana



Overview: The panel discussion delved into the core challenges faced by organisations in implementing effective nutrition programs, with a particular focus on rural communities. Dr. Dhanalakshmi outlined the "5 A's of Nutrition," highlighting the critical elements for improving nutrition in underserved areas. These five aspects are essential to understanding and addressing the gaps in the current nutrition system.

The 5 A's of Nutrition:

1. **Availability:** While food production may be adequate, availability remains a concern. The issue lies in whether nutritious food is accessible to the communities that need it most.
2. **Accessibility:** Even though rural communities grow nutritious food, much of it is sent to urban markets. Ensuring local access to the food they produce is a significant challenge.
3. **Affordability:** A key barrier is the cost. Can the rural populations afford the nutritious food they grow? The high cost of nutritious food makes it out of reach for many in these communities.
4. **Absorption:** The most critical "A" of all. It's not enough to consume nutritious food; the body must absorb it effectively. Dr. Dhanalakshmi highlighted the importance of food combinations for proper absorption, using calcium and vitamin D as an example. Calcium can only be absorbed with sufficient vitamin D, which many people lack due to limited sun exposure.
5. **Awareness:** Understanding the importance of these elements and how to achieve proper nutrition is vital. Many communities lack awareness about nutrition and how to combine foods for better absorption, making education and awareness campaigns crucial.



Challenges Faced by Organisations:

The panel discussed several operational challenges faced by organisations running nutrition programs, including:

- **Investment:** Is there enough financial commitment to support effective nutrition programs?

- **Innovation:** Can technology and innovations help scale these programs? The use of technology, such as health wearables, was cited as a potential game changer for monitoring health in underserved areas. Similarly, exploring innovations for affordable and accessible nutrition solutions is vital.
- **Monitoring & Impact Measurement:** Monitoring the reach and impact of nutrition programs is a significant challenge. Ensuring that programs effectively reach the last mile and measuring their impact is crucial for sustained success. There is a need for better tools and systems to track long-term outcomes of nutrition interventions.

Key Takeaways:

- **Audience Segmentation:** The panel emphasised that a one-size-fits-all approach does not work. It is essential to segment the community based on both demographic and psychographic profiles. Understanding the needs, aspirations, and preferences of the people being served is critical for designing relevant interventions.
- **Focus on Priority Behaviours:** Rather than spreading resources thin across many indicators, organisations should focus on changing a few key behaviours that will drive the most significant impact.
- **Human-Centred Design:** The importance of keeping the community at the centre of every intervention was reiterated. Programs should involve the beneficiaries from the beginning, ensuring that the solutions are aligned with their realities and needs.

Audience Questions:

1. **Question by Tulsi:** Tulsi asked Dr. Dhanlakshmi whether nutrition could reduce the need for medicine, and whether traditional systems like Ayurveda should be integrated into nutrition programs. Dr. Dhanlakshmi acknowledged the importance of good nutrition in reducing the need for medication but also emphasised the necessity of supplementation for certain groups, like women beyond the age of 30. Regarding Ayurveda, she agreed that it holds value but refrained from delving into it due to lack of expertise.
2. **Question by Charan:** Charan inquired about CSR's openness to working with innovations in healthcare, particularly in rural areas. The panel agreed that CSR organisations are open to innovations if they can demonstrate tangible impact and scalability. An example given was the use of drones to deliver medicines to rural areas, although the panel noted that the cost sustainability of such innovations remains a challenge.

Conclusion:

The session concluded with a recognition of the need for continuous **monitoring, innovation, and community-centred approaches** in nutrition programs. While challenges remain, especially around accessibility, affordability, and absorption of nutrients, the panellists stressed that organisations must remain focused on delivering impactful and scalable solutions. By addressing the 5 A's of nutrition and investing in innovation and effective monitoring, significant strides can be made toward improving nutrition in underserved areas.

NUTRITION AWARENESS SESSION WITH WLC WORKERS OF TATA POWER DDL

On World Food Day, IMPAct4Nutrition, through one of its key initiative partner Ank Foundation, organized a transformative nutrition related employee engagement session at the Women Literacy Centre (WLC) of Tata Power DDL. The engaging session saw participation from WLC workers, literacy instructors, and HR and administrative staff of Tata Power DDL.



The session, which drew an impressive gathering of over 350 participants, served as a dynamic platform for knowledge sharing and community engagement. Through interactive discussions and practical demonstrations, the session addressed crucial aspects of nutrition that impact daily life. The comprehensive session covered essential topics including the significance of dietary diversity, strategies for preventing anemia and diarrhea, and the importance of proper infant and young child feeding practices. Special emphasis was placed on maternal nutrition and its vital role in ensuring healthy outcomes for both mothers and children.

A distinctive feature of the session was its focus on locally relevant nutritional solutions. Participants were made aware about readily available nutrient-rich foods and ways to incorporate traditional food into modern dietary practices. The session took a holistic approach by integrating nutrition education with other critical aspects of wellness, including hygiene and sanitation practices. This comprehensive perspective helped participants understand the interconnected nature of health and nutrition, particularly its relationship with women's empowerment and community development.

The participants, primarily WLC workers, emerged from the session equipped with practical knowledge of nutrition and renewed motivation. Many expressed confidence in their enhanced ability to make informed dietary choices and contribute meaningfully to community's mission of improving nutrition outcomes. The success of this session demonstrates the effectiveness of workplace-based nutrition education in creating lasting impact at both individual and community levels.



The enthusiastic response and meaningful engagement from participants highlight the growing recognition of nutrition's crucial role in overall health and productivity. As we move forward, such initiatives continue to strengthen IMPAct4Nutrition's vision of fostering healthier communities through informed nutrition practices.

WORKPLACE NUTRITION AND WELLNESS SESSION AT SKIDOS

The IMPAct4Nutrition Secretariat through one of its key initiative partner Ank Foundation recently conducted an innovative employee wellness session at Skidos, focusing on the crucial intersection of nutrition and workplace well-being. The session was specifically designed to address the unique challenges faced by office professionals in maintaining healthy lifestyle habits within a corporate setting.



The comprehensive employee engagement session delved into several critical aspects of workplace nutrition, with particular emphasis on the often-overlooked concept of hidden hunger – the deficiency of essential micronutrients even when caloric intake might be sufficient. Participants were made aware about the benefits of fortified foods and their role in addressing these nutritional gaps, especially in a desk-bound work environment. The session also provided practical strategies to navigate common workplace nutrition challenges, including effective ways to respond to food pushers while maintaining positive professional relationships.

A distinctive feature of the session was its focus on integrating physical well-being with nutritional health. Participants learned and practiced various desk exercises designed to combat the sedentary nature of office work. These exercises were specifically chosen for their practicality and effectiveness in an office setting, enabling employees to maintain physical activity without disrupting their work schedule. The session provided practical demonstrations of simple yet effective stretches and movements that can be easily incorporated into daily office routines.

The interactive nature of the program encouraged active participation, with employees engaging in discussions about creating a supportive workplace environment for healthy habits. Practical tips were shared on maintaining proper nutrition despite busy schedules, including guidance on healthy snacking options, meal planning for office hours, and staying hydrated throughout the workday. The session also addressed the importance of taking regular breaks and maintaining proper posture to enhance both physical and mental well-being.



The overwhelmingly positive response from Skidos employees underscored the session's success in addressing real workplace wellness concerns. Participants expressed particular appreciation for the practical, implementable nature of the strategies shared. The session not only enhanced individual awareness about nutrition and physical activity but also fostered a collective commitment to creating a healthier workplace environment.

EMPLOYEE ENGAGEMENT AT POINT PERFECT TECHNOLOGY SOLUTIONS, COIMBATORE

As part of the employee engagement activity, IMPAct4Nutrition (I4N) Secretariat, in collaboration with its initiative partner Ank Foundation, conducted an impactful interactive session on workplace nutrition for the employees of PPTS. This initiative aligns with the broader goals of Poshan Maah, a nationwide campaign that emphasizes the critical importance of nutrition in building a healthier, more productive society



Poshan Maah, observed annually, serves as a catalyst for raising awareness about proper nutrition, particularly for vulnerable groups such as women and children. It underscores the government's commitment to addressing malnutrition and promoting overall well-being across all sections of society.

The session was designed to bridge the gap between nutrition knowledge and everyday practices in the workplace. It covered a wide range of topics crucial for maintaining a healthy lifestyle. The session began by elucidating the fundamentals of nutrition, explaining the roles of macro and micronutrients, and emphasizing the importance of a balanced diet. The session highlighted the alarming trend of consuming unhealthy foods high in fat and sugar, stressing the need for dietary changes to combat lifestyle-related diseases.



A significant portion of the session was dedicated to practical concepts like the "My Plate" approach, which promotes diverse food consumption to address nutritional deficiencies. The session also delved into the physiological and psychological aspects of food, underlining how proper nutrition contributes to overall well-being. Participants learned about the importance of adequate hydration and the benefits of antioxidant-rich foods in maintaining optimal bodily functions.

Furthermore, the cycle of poor nutrition and its far-reaching impacts on health, productivity, and quality of life was discussed during the session. Special attention was given to the effects of anemia and vitamin B12 deficiency, common issues that can significantly impact workplace performance. To combat these issues, simple, actionable tips for improving nutritional intake were provided.

The interactive nature of the session allowed employees to clarify their doubts about health and nutrition, making the information more relevant and applicable to their daily lives. By addressing various aspects of nutrition and its impact on productivity and overall health, this session demonstrated the significance of workplace nutrition programs in enhancing employee performance and creating a healthier workforce.

EMPLOYEE ENGAGEMENT AT ANANYA SHELTERS PRIVATE LIMITED, COIMBATORE

The IMPACT4Nutrition (I4N) secretariat, in collaboration with its initiative partner Ank Foundation, conducted an engaging and informative session on workplace nutrition for employees at Ananya Shelters Private Limited in Coimbatore. The comprehensive session covered a wide array of topics crucial for maintaining a healthy lifestyle in the workplace. The session began by introducing the fundamental concepts of nutrition, explaining the roles of macro and micronutrients, and emphasizing the importance of a balanced diet. Participants learned about the alarming trends in unhealthy food consumption and the need for dietary changes. The session also highlighted the 'My Plate' concept, stressing the importance of diverse food intake to address nutritional deficiencies, and discussed the significance of proper hydration for optimal bodily functions.



Employees were educated on the cycle of poor nutrition and its far-reaching impacts on health, productivity, and overall well-being. The I4N team shared practical dietary guidelines, including do's and don'ts, to help employees maintain a healthy lifestyle and prevent lifestyle-related diseases. By providing simple, actionable tips for improving nutritional intake and practicing mindful eating, the session empowered employees with the knowledge to make informed dietary choices. This comprehensive approach to workplace nutrition during the Poshan Maah not only demonstrated our commitment to enhancing employee performance but also equipped the workforce with practical strategies to boost their productivity through better nutrition.

EMPLOYEE ENGAGEMENT AT JK HOTELS, COIMBATORE

IMPAct4Nutrition (I4N) secretariat, engages its pledged partners through unique way of ACE Card (Assets for Nutrition, CSR/ Cash for nutrition or Employee Education/ Volunteering for Nutrition). We collaborated with one of our initiative partner Ank Foundation to organize an impactful employee engagement session on workforce nutrition at JK Hotels in Coimbatore.



The comprehensive engagement session focused on equipping employees with essential knowledge about nutrition and healthy eating habits. The session explored the fundamentals of a balanced diet, emphasizing the crucial role of proper nutrition in maintaining good health and enhancing overall well-being. Participants were introduced to the physiological and psychological aspects of food, gaining insights into how nutrition influences both physical health and mental state of an individual. The session highlighted the importance of adequate hydration and consumption of antioxidant-rich foods for optimal bodily functions, while also providing practical dietary guidelines and health tips to follow regularly.

By addressing various aspects of nutrition and clarifying doubts about health and its impact on productivity, the engagement session demonstrated the significance of workplace nutrition programs in enhancing employee performance and their productivity. Participants were empowered with simple, actionable tips to improve their nutritional intake, practice mindful eating, and maintain an active lifestyle. The session stressed the importance of having healthy food options in cafeterias and promoted a culture of healthy eating within the organization.

The comprehensive engagement session not only raised awareness about the critical role of nutrition in overall well-being but also equipped employees with practical strategies to boost their productivity through better dietary choices.



The session's success, evidenced by the appreciation from the management of JK Hotels underscores the potential of such initiatives in creating a healthier, more productive workforce, highlighting the direct link between good nutrition and improved workplace performance.



Poshan Ghar's Core Principles

Poshan Ghar (PG) is a multi-stakeholder platform for civic engagement and systems strengthening to advance the Poshan Jan Andolan priorities. The five core guiding and driving principles are as follows:



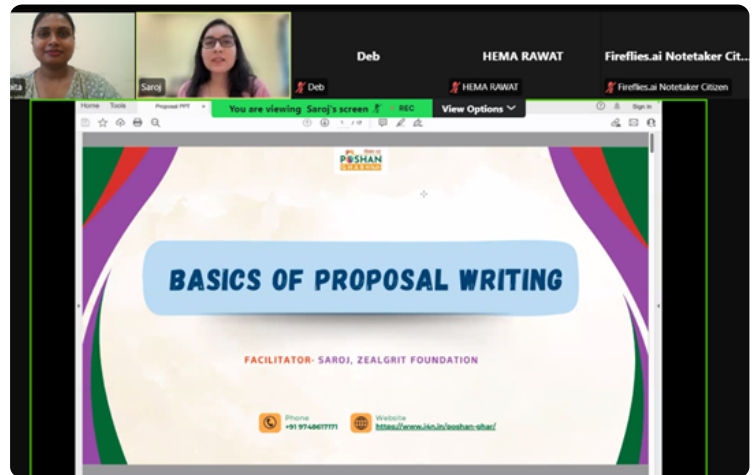
Highlights from the Poshan Ghar Secretariat

Workshop on the Basics of Proposal Writing

On 16th October 2024, the secretariat hosted its first virtual workshop for its members on the “Basics of Proposal Writing.” Facilitated by Ms Saroj, Director of the ZealGrit Foundation, the objective was aimed at providing practical guidance on creating well-structured, compelling proposals that communicate the value of projects effectively to funders and stakeholders. The 90-minute session saw active participation from 30 members.

The workshop covered essential topics, including the types of proposals, key components, budgets and techniques for writing clear and effective proposals, followed by a few interactive analysis of proposal

examples, where members analysed and applied the principles discussed in the sample proposals to identify both the strengths and areas for improvement and asserting the importance of approaching proposal writing in a systematic and storytelling approach. By the end of the session, members gained a deeper understanding of the core elements of strong proposals, presenting a compelling case for programme support and avoiding common writing errors.



SBC Resource Package on Healthy Diets

Poshan Ghar makes available the SBC Resource package on Healthy Diets developed by UNICEF India. This is a communication package on Nutrition and Diet Diversity tools with a focus on self efficacy designed for each of the 3 stakeholders: Adolescents, Pregnant and Breastfeeding mothers including caregivers.

- **Dialogue Cards:** Each set of cards covers vital nutrition topics relevant to the target group. The cards present key messages and detailed explanations, making them an effective SBCC tool.
- **Interactive Games:** Designed to reinforce the key messages from the dialogue cards, these games offer a fun and engaging way to learn about nutrition. They encourage active participation and discussion, making the learning experience more dynamic and memorable.

School teachers, ASHA workers, Anganwadi workers, and field workers can use these tools to deliver essential information on healthy diets during critical life stages. The resources make learning engaging and fun, whether in schools, Anganwadi centres, or during home visits. Explore the complete resources [<here>](#)



Follow Our Social Media Campaigns

#SahiPoshanSeSuraksha

Under #SahiPoshanSeSuraksha, Pragati, with her daughter Preeti and husband Piyush, focus on critical health and nutrition issues by using social behaviour change approaches as a change strategy to

encourage positive nutrition, health and WASH behaviours and practices within communities.

#NutritionBytes


The #NutritionBytes campaign serves as everyone's go-to campaign to access information on healthy diets, regional/local recipes, and local superfoods. The campaign includes interesting fact-checks on food, health and nutrition behaviours and practices.



Spotlight on Poshan Ghar Members- ZealGrit Foundation

In the ongoing op-ed series, ZealGrit Foundation shared an insightful piece titled *"A Generation On The Brink: Nourishing India's Adolescents For A Healthier Future"*, where the author, Ms. Saroj, Director of the foundation, emphasises the importance of social and behavioural change interventions in tackling adolescent malnutrition in India. She highlights how addressing the root causes of poor nutrition through interactive and culturally sensitive strategies drives lasting behavioural changes. The op-ed also showcases how ZealGrit implements these strategies through their Project





Swasth Kanya in rural Bihar, using collaborative efforts to achieve sustainable progress, empowering adolescents to lead healthier lives, and unlocking their full potential for a future resilient and stronger workforce

ZealGrit is a social impact organisation that focuses on health and nutrition services, social and community mobilisation, adolescent and women's empowerment, livelihoods, education, and social behaviour change. The core competencies of the organisation lie in designing, implementing, and scaling high-impact initiatives leveraging data-driven insights and collaborative approaches to foster sustainable development and transformative change at the community level. Read the full op-ed [here](#).


PG is now on YouTube. [Subscribe](#) to get the latest updates on all the workshops, podcasts, and highlights.

Are You One of Us? Then Join Us

If you are a nutrition-social behaviour change expert, an alliance, NGO, CSO, I4N pledged partner, academia, or volunteer, or involved in the field of WASH, Education, Health and Child Protection, join us now!

[Click here](#) and be a part of this transformative journey!

If you know someone who might benefit from this information, feel free to forward this newsletter to them. Follow [Poshan Ghar](#) on [LinkedIn](#), [Facebook](#), [Twitter](#), [Instagram](#) and [YouTube](#).



PLEGED PARTNERS OCTOBER 2024



Shri Hari Hospital, Coimbatore

Established in the year 1974, Shri Hari Hospital is one of the hospitals in Coimbatore providing services including Obstetrics & gynecology, Laparoscopic surgery, family planning centre among others.



Sakthi Auto Ancillary Private Limited

Sakthi Auto Ancillary private Limited is part of the leading Sakthi Group which is a prestigious business conglomerate in South India. It is involved in making safety critical auto components and has evolved as a global original Equipment Manufacturer catering to the global automotive market.



Carnation (World) Creations Private Limited

Established by world class professionals with an objective to serve the customers to understand their product, the price point with commitment to required standards and specifications, backed by state-of-the-art infrastructure, clubbed with skilled work-force. It is engaged in design services, manufacturing, sourcing and warehousing services.

PLEDGED PARTNERS OCTOBER 2024



ECGC Limited

Formerly known as Export Credit Guarantee Corporation of India Limited, it is a government owned export credit agency of India. It is under the ownership of the Ministry of Commerce and Industry, Government of India, and is headquartered in Mumbai. It is engaged in the business of providing export credit insurance support to Indian exporters and banks

Sree Saravana Balaji Textiles Private Limited

Sree Saravana Balaji Textiles Private Limited

Sree Saravana Balaji Textiles Private Limited is a leading manufacturer of textiles based in Coimbatore.



RSJ Inspection Service Private Limited

RSJ is a trusted quality control partner. As a leading inspection company, they support quality assurance for importers and manufacturers worldwide. Their services ensure ethical sourcing, efficient operations, and a brighter future for supply chain in India, China, Bangladesh, and Vietnam.

RECIPE FOR THOUGHT

Paushtik Barfi (Source- NCEARD)



Preparation Time:10-15 mins



Serves: 4
pieces



Ingredients

1. Sesame Seeds- 35 g
2. Besan- 20 g
3. Milk- 20 g
4. Spinach- 50 g
5. Jaggery- 20 g

Nutritive Values

Energy (Kcal)	353
Protein (g)	14.2
Dietray Fibre (g)	7.3
Carbohydrate (g)	34
Fat (g)	17.4
Vitamin A (mcg)	180
Iron (mg)	10
Vitamin C (mg)	15
Calcium (mg)	547

Instructions

1. Take spinach and wash it thoroughly. Boil it in water, drain, and prepare a puree.
2. In a pan roast besan, and sesame seeds separately
3. In a bowl, mix milk with jaggery and pour it slowly into the mix prepared until a thick paste is obtained.
4. Make a small ball out of this paste and spread it on a plate
5. Once cooled, with the help of a knife cut into any desired shape
6. Store the burfis in the refrigerator.

TIP OF THE MONTH



Develop healthy eating habits, exercise regularly, and be physically active to avoid a sedentary lifestyle.

(Source- ICMR NIN)

